

# Stories of Redstone

## Christ at work in our midst

### Body and Spirit

**Pat Betts** thought that she would be hanging up her stethoscope when she retired from her nursing career. God had other plans. **First Presbyterian Church, Johnstown** believes that the church is called to minister to the whole person and that healthcare should be about physical, mental and spiritual health. So Pat's nursing career found a new chapter within her faith community as First Presbyterian's **Parish Nurse**. Faith Community Nursing (or Parish Nursing) is a recognized specialty nursing practice approved by the American Nurses Association, with a certification process for current R.N.'s.

Pat's ministry is broad and inclusive in its scope. One of its keystones is blood pressure checks, offered after church during a fellowship hour or a monthly meal (hosted by their Congregational Care Committee, often with a health-related presentation), as well as two weekday mornings. At this time, people can also bring their questions about medications or have help interpreting something their doctor told them.

Outside of the church walls, Pat has accompanied individuals to doctors' appointments to serve as an advocate and to help translate any confusing information. She has taken people to tour senior communities and assisted with the paperwork to move in. Pat connects folks with community resources, such as helping people register with Senior LIFE. Pat also shares in pastoral care duties with Rev. Alice Tondora, visiting the hospitalized and the homebound.



**This is ministry: serving the needs of body, mind and spirit.** It is likely that there are nurses within your congregation who could begin a similar ministry. What other skills can you envision church members putting to use to serve God in your neighborhood?

*Communicate the Word...Carry on the Work...Change the World  
Together!*

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